

SPIRAL FIRST-AID

The 90-Second Reset

The fastest way to break a spiral in the moment.

- 1** **Exhale longer than you inhale.** In for 4, out for 6. Six rounds.
- 2** Name **3** things you can see, **2** you can hear, **1** you can feel.
- 3** *"This is a loop. I don't have to solve it right now."*

You're not trying to feel great – just to drop from a 9 to a 6.

UNSPIRAL.

